

Neuroscience and Pornography Addiction

Physical addiction

Emotional addiction

Through our eyes

- Emotionally arousing images imprint and change the brain,
- setting off an instant, involuntary, and lasting, biochemical memory trail.

The brain of a porn addict is like the brain of a drug addict or an alcoholic

Men respond to visual stimulation

- In 3/10 of a second a visual image passes from the eye through the brain
- the brain is structurally changed
- memories are created
- we 'grow' new brain with each visual experience.

Pornography triggers self-produced, natural drugs

Dopamine gives excitement, pleasure and arousal.

Norepinephrine makes images hard to forget

Serotonin helps us feel happy, calm, satisfied and relieved of stress.

The limbic system of the brain

- Makes us seek what we need to survive, and get away from pain.
- Automatically seeks pleasure to overcome pain
- Has no awareness of possible consequences to actions
- Is not rational.
- Inclines us to be impulsive

Looking for pleasure

- When attached to internet pornography,
- The limbic system stirs a person to 'hunt' for pleasure through pornography in times of 'pain'
- We are vulnerable when Hungry, Angry, Lonely, Tired (H.A.L.T.)

The prefrontal cortex

- Affects reasoning, logic, values, goals, self-discipline, self-restraint and will power.
- Over time, internet pornography addiction causes the prefrontal cortex of the brain to shrink between 10 and 20 per cent.

The damaged brain

Desires more exciting images as the felt need for higher levels of dopamine grows

increased cravings (desires)

reduced impulse control as the prefrontal cortex shrinks.

Pornography is always an escape behaviour

More time is taken up on the internet

Sense of self-loathing; vicious cycle.

Secrecy and fear of embarrassment of discovery.

Neglect relationships, work, school, responsibilities.

Consequences

- Objectifying women
- Sexual satisfaction suffers
- Relationships suffer
- Tolerance of abuse

Why people turn to pornography?

- 'Acceptable' (so-called)
- 'Adult entertainment'
- Accessible
- Affordable
- Anonymous? No it is not.
- "Nobody gets hurt" ?!!!

H.A.L.T. ?

- Many struggle with deep emotional wounds and they turn to pornography to ease their pain.
- Others turn to it out of pure selfishness and a sense of entitlement.
- Ultimately, there is never a healthy reason to turn to pornography.

Good news

The brain can be restored.

www.integrityrestored.com/TheAddictivenessOfPornography